

NATURALOPY

PRECEPT 7

PURPOSE





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 7

PURPOSE



PRECEPT 7

PURPOSE

purpose

intent, goal, calling, aspiration, ambition, determination, desire, resolve

1. An object to be reached; a target; an aim; a goal.
2. The reason for which something is done, or the reason it is done in a particular way.
3. The act of intending to do something; resolution; determination.

It's been said that life is a journey and not a destination. Along the way we need to occupy our time with work and activity that make the journey enjoyable and rewarding. But for many of us, finding the work and activity is a journey in itself.

One way to understand purpose is to take a stroll in a lush garden. Notice the beautiful variety of flowers and how peaceful it is. Someone had to dream up the garden, design it, and build it with the teamwork of other people. Someone had to work hard to make that garden a reality so that other people can enjoy it. What was the purpose of the person who created that garden?

Now, how about creating work that others can enjoy? Why not be that person who creates something that others can enjoy and benefit from, even centuries from now?

Universally, the wise among us agree that the purpose of life is to eat well, sleep well, mingle well, work well, and enjoy life. However, at the individual level, there is no general consensus as to what the purpose of life is. What is the life-mission statement of each person? It varies from person to person. For some, it is simply to live well and raise a healthy family; for others, it is to make an indelible mark on their community; while others want to “make a dent in the Universe” so that their achievements outlast their corporeal existence for many generations—a long afterlife.

If the purpose of life is to be happy and help others to be happy, it would be correct, though idealistic. The process of being happy and helping others to be happy can be

convoluted, usually requiring years of experience to simplify. For example, the following mission statement may be adequate for one person: to research, preserve, and disseminate knowledge for the benefit of Humanity. But it may be unambitious to some or too grandiose for others. What makes one person happy will not make another person happy, therefore the purpose of life is different from person to person.

To have a purpose is to have a mission in life. Our life-mission statement keeps us from straying into the gambling, drugs, alcohol, and sex addiction time thieves. Having a purpose keeps the journey of life more enjoyable and rewarding.

Remember the garden. Why did someone build a garden for others to enjoy?



The purpose of life is to be happy.



Dalai Lama XIV



The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.

Ralph Waldo Emerson

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.



Eleanor Roosevelt

The meaning of life is to find your gift. The purpose of life is to give it away.



Pablo Picasso

Beyond work and love, I would add two other ingredients that give meaning to life. First, to fulfill whatever talents we are born with. However blessed we are by fate with different abilities and strengths, we should try to develop them to the fullest, rather than allow them to atrophy and decay.

Second, we should try to leave the world a better place than when we entered it. As individuals, we can make a difference, whether it is to probe the secrets of Nature, to clean up the environment and work for peace and social justice, or to nurture the inquisitive, vibrant spirit of the young by being a mentor and a guide.



Michio Kaku

Our prime purpose in this life is to help others. If you can't help them, at least don't hurt them.



Dalai Lama XIV

Ask yourself: If you could do anything for 8 hours a day for the rest of your life, and money were no object, what would you do?



Alan Watts

The heart of human excellence often begins to beat when you discover a pursuit that absorbs you, frees you, challenges you, or gives you a sense of meaning, joy, or passion.



Terry Orlick



The purpose of human life is to serve, and to show compassion and the will to help others.

Albert Schweitzer

There is a wonderful mythical law of nature that the three things we crave most in life: happiness, freedom, and peace of mind—are always attained by giving them to someone else.



Peyton Conway March

When you have a sense of your own identity and a vision of where you want to go in your life, you then have the basis for reaching out to the world and going after your dreams for a better life.



Stedman Graham



The sole meaning of life is to serve humanity.

Leo Tolstoy



Patanjali

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

Great minds have great purposes, others have wishes. Little minds are tamed and subdued by misfortune; but great minds rise above them.



Washington Irving

The value of identity of course is that so often with it comes purpose.



Richard Grant

Dr. Seuss



Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.



You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

Richard Buckminster Fuller

Only when we are no longer afraid do we begin to live.



Dorothy Thompson

Go into the arts. I'm not kidding. The arts are not a way to make a living. They are a very human way of making life more bearable. Practicing an art, no matter how well or badly, is a way to make your soul grow, for heaven's sake.

Sing in the shower.
Dance to the radio.
Tell stories.

Write a poem to a friend, even a lousy poem. Do it as well as you possibly can. You will get an enormous reward.

You will have created something.



Kurt Vonnegut

Every time you don't follow your inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.



Shakti Gawain



Never doubt that a small group of committed citizens can change the world. Indeed it is the only thing that ever has.

Margaret Mead

Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming, “Wow, what a Ride!”



Mark Frost



Love is our true destiny. We do not find the meaning of life by ourselves alone—we find it with another.

Thomas Merton



There is not one big cosmic meaning for all; there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person.

Anaïs Nin

Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference.



Robert Frost



Continue to add something to the material, intellectual and, moral well-being in your world and you will be given proper reward.

Booker T. Washington

All men should strive to learn before they die what they are running from, and to, and why.

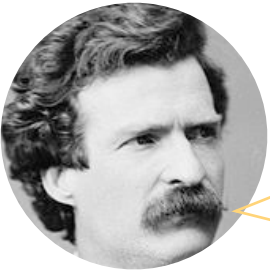


James Thurber

Certain things catch your eye, but pursue only those that capture the heart.



Naturalopist



The two most important days in your life are the day you are born and the day you find out why.

Mark Twain

Those who stand for nothing, will fall for anything.



Alexander Hamilton

The purpose of life is not to win. The purpose of life is to grow and to share. When you come to look back on all that you have done in life, you will get more satisfaction from the pleasure you have brought into other people's lives than you will from the times that you outdid and defeated them.



Harold Kushner



To be at peace with life we must find our soul's purpose for by doing so we cultivate wholeness and create a world of pure spirit.

Michael Teal

We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark.



Whoopi Goldberg

If you don't get lost, there's a chance you may never be found.



Naturalopist

Human resources are like natural resources; they're often buried deep. You have to go looking for them, they're not just lying around on the surface. You have to create the circumstances where they show themselves.

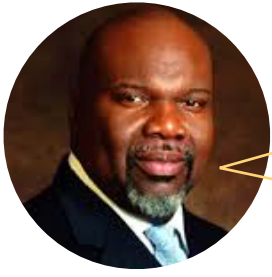


Ken Robinson



Plato

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.



If you can't figure out your purpose, figure out your passion. For your passion will lead you right into your purpose.

T.D. Jakes



Life is like a ten-speed bicycle. Most of us have gears we never use.

Charles Schulz

The aim of life is self-development. To realize one's nature perfectly—that is what each of us is here for.



Oscar Wilde



A life directed chiefly towards the fulfillment of personal desires sooner or later always leads to bitter disappointment.

Albert Einstein

Don't spend your precious time asking, "Why isn't the world a better place?" It will only be time wasted. The question to ask is, "How can I make it better?" To that there is an answer.



Leo Buscaglia



It's better to walk alone than with a crowd going in the wrong direction.

Diane Grant



Find the right work is like discovering your own soul in the world.

Thomas Moore



As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of a mere being.

Carl Jung

The need for devotion to something outside ourselves is even more profound than the need for companionship. If we are not to go to pieces or wither away, we must have some purpose in life; for no man can live for himself alone.



Ross Parmenter



John F. Kennedy

Ask not what your country can do for you, but what you can do for your country.



Jim Carrey

I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer.



Epictetus

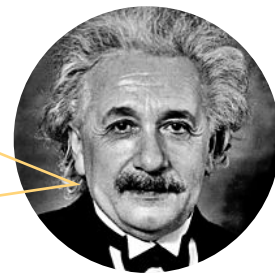
First say to yourself what you would be; and then do what you have to do.

Do not go where the path may lead, go instead where there is no path and leave a trail.

Ralph Waldo Emerson



Be a loner. That gives you time to wonder, to search for the truth. Have holy curiosity. Make your life worth living.



Albert Einstein

If you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a lot of time dealing with a life you don't want.



Kevin Ngo

Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter.



Harold Kushner



Whatever you can do or believe you can, begin it.
Boldness has magic, power, and genius in it.

Johann Goethe

A lot of times the question is harder than the answer. And if you can properly phrase the question, then the answer is the easy part. To the degree that we can better understand the universe, then we can better know what questions to ask. Then whatever the question is that most approximates: what's the meaning of life? That's the question we can ultimately get closer to understanding. And so I thought to the degree that we can expand the scope and scale of consciousness and knowledge, then that would be a good thing.

Elon Musk



Inside every cynical person, there
is a disappointed idealist.

George Carlin



Life is what we make it. Always
has been, always will be.

Grandma Moses

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.



SteveJobs

Definiteness of purpose is the starting point of all achievement.



W. Clement Stone

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has been before.



Alan Ashley-Pitt

Don't undertake a project unless it is manifestly important and nearly impossible.



Edwin Land



Someday, everything will make sense. So for now, laugh at the confusion, smile through the tears, and keep reminding yourself that everything happens for a reason.

John Mayer

Never work just for money or for power. They won't save your soul or help you sleep at night.



Marian Wright Edelman

So many worlds, so much to do, so little done, such things to be.



Alfred Lord Tennyson

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.



Buddha

PASSION

passion

fervor, joy, zeal, spirit, affection, eagerness, intensity

1. Any great, strong, powerful emotion, especially romantic love or hate.
2. An intense desire and determination to complete a work.

Hello Passion, where have you been hiding? Many of us will experience an intense passion at some point in our life, whether it's a passion to right a wrong, to repay our karmic debt, to love, to see a project through, to discover spirituality, or to connect with our community—we have experienced or will experience passion. However, passion that is intense and enduring is more difficult to sustain—this type of passion requires a project so profound that it could take a lifetime to complete.

There are three main methods to discover passion. The first is the tried-and-true method of trial and error, which can take a long time. The second is to pick a role model in a field we're passionate about. Ask, "What does that person *do* that interests me?" What motivates them? Why do we want to emulate them? Perhaps develop a passion to even surpass their achievements? The third is to find a wrong in the world that needs to be righted. What is the one profound change you would like to make in the world? Let it drive your passion.

It's important to note that with passion, we cannot wait to be inspired. If we wait for inspiration, little to nothing will get done. During periods of apathy and dispassion, we have to force ourselves, or go into beast mode, to start or revive the passion—force ourselves to do the little things and momentum will build, like a snowball hurdling down a mountain.



Don't only practice your art, but force your way into its secrets, for it and knowledge can raise men to the Divine.



Ludwig van Beethoven

Samuel Johnson



Exert your talents, and distinguish yourself, and don't think of retiring from the world, until the world will be sorry that you retire.

Your life is a living, breathing work of art—stand back from it and look on in awe that every stroke of the brush or every chip you have chiseled or every nook and cranny you have colored and shaded—is the result of the degree of passion (positive or negative) you have brought to studio. You and you alone are both the art and the artist.

Louise Hay



We become that which we love.



Saint Bridget

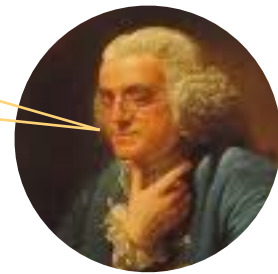


I can either watch it happen or be a part of it.

Elon Musk

If passion drives you, let reason hold the reins.

Benjamin Franklin



What did you do as a child that made the hours pass like minutes? Herein lies the key to your earthly pursuits.



Carl Jung



The things you are passionate about are not random, they are your calling.

Fabienne Fredrickson

If we did all the things we were capable of doing, we would literally astound ourselves.



Thomas Edison

I would rather die of passion than of boredom.



Vincent van Gogh



Passion is energy. Feel the power that comes from focusing on what excites you.

Oprah Winfrey

I never did a day's work in my life. It was all fun.



Thomas Edison

The only way to do great work is to love what you do. Don't settle.



Steve Jobs

There is no genius without a mixture of madness.



Seneca



There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living.

Nelson Mandela

Learn to embrace the ups and downs of Life, because Life is with you as long as you're alive.



Trung Nguyen

Only passions, great passions, can elevate the soul to great things.



Denis Diderot

Fall in love with some activity, and do it! Nobody ever figures out what life is all about, and it doesn't matter. Nearly everything is really interesting if you go into it deeply enough. Work as hard and as much as you want to on the things you like to do the best. Don't think about what you want to be, but what you want to do. Keep up some kind of a minimum with other things so that society doesn't stop you from doing anything at all.

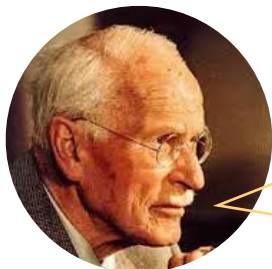


Richard Feynman

Do what you feel in your heart to be right—for you'll be criticized anyway.



Eleanor Roosevelt



A shot that fits one person pinches another; there is no recipe for living that suits all cases.

Carl Jung



Aristotle

Pleasure in the job puts perfection in the work.



Ludwig van Beethoven

To play without passion is inexcusable!



Code of the Sith

Peace is a lie, there is only passion.
Through passion, I gain strength.
Through strength, I gain power.
Through power, I gain victory.
Through victory, my chains are broken.
The Force shall set free me.

Sometimes you have to stop thinking so much and go where your heart takes you.



Motherly Advice



Live passionately, with all the injuries that can happen as a result: it is worth it.

Paulo Coelho



Working hard for something we don't care about is called stress. Working hard for something we love is called passion.

Naturalopist

You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out.



Steve Jobs

Passion rebuilds the world for the youth. It makes all things alive and significant.



Ralph Waldo Emerson

THE CRAZY ONES

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes.

The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them.

About the only thing you can't do is ignore them. Because they change things. They invent. They imagine. They heal. They explore. They create. They inspire. They push the human race forward.

Maybe they have to be crazy.

How else can you stare at an empty canvas and see a work of art? Or sit in silence and hear a song that's never been written? Or gaze at a red planet and see a laboratory on wheels?

We make tools for these kinds of people.

While some see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.



Think Different
Apple

DUTY

duty

commitment, mission, obligation, charge, station, undertaking

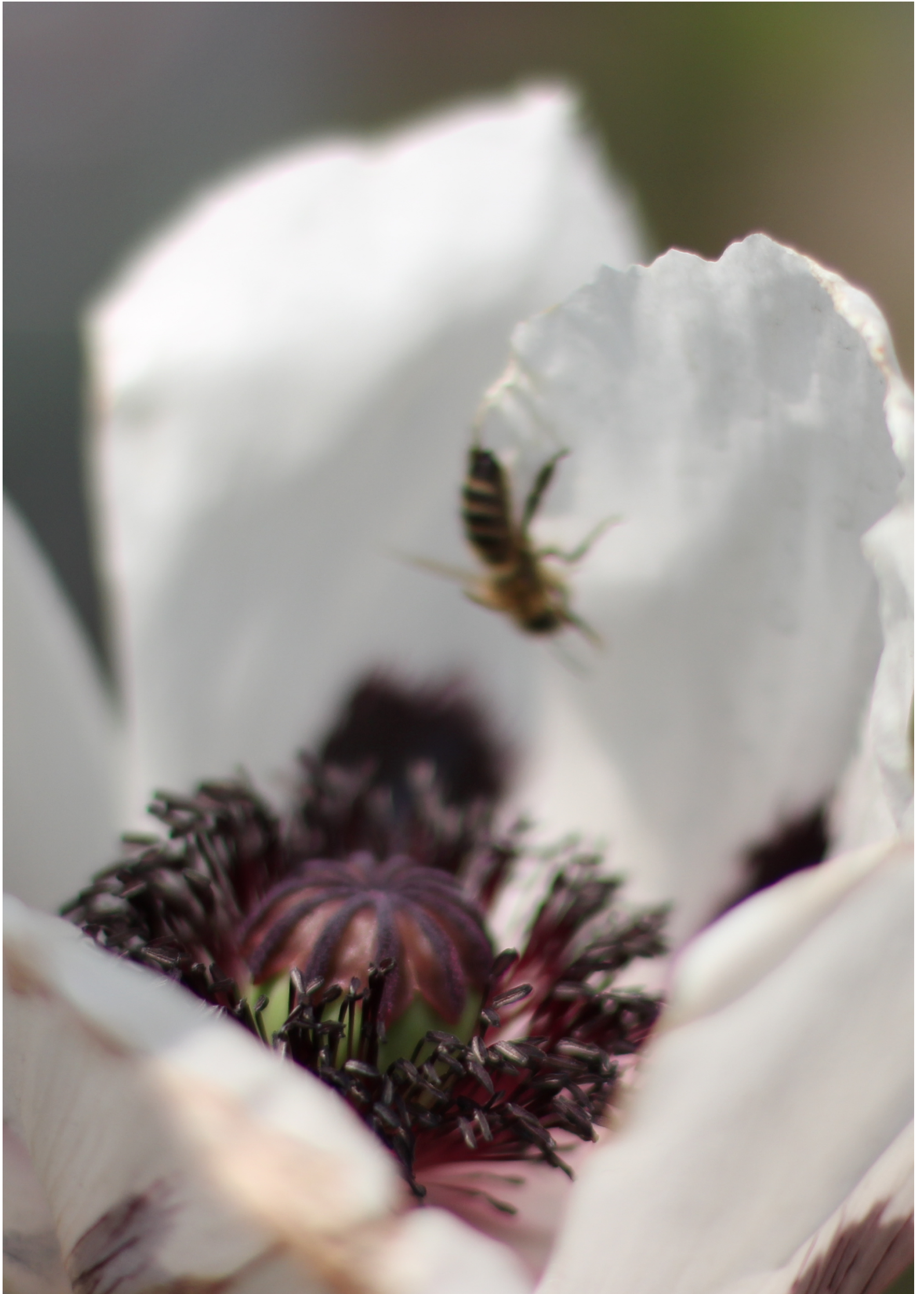
1. That which one is morally or legally obligated to do.

When passion fails, duty takes over. Sometimes it's a mechanical process whereby we need to visualize and meditate on the process itself to rekindle our purpose. When in a rut, our purpose boils down to drudgery and toil since our purpose could take years to fulfill. When duty calls in the absence of passion, ask:

- Why am I doing this?
- What is the reward?
- Will I be given another opportunity?
- What is holding me back?
- Is there anything I fear?

Get the objections out of the way.

Duty is about toil, persistence, and patience. Keep chugging along until passion shows up.



Hard work is painful when life is devoid of purpose. But when you live for something greater than yourself and the gratification of your own ego, then hard work becomes a labor of love.



Steve Pavlina

Whether you live to be 50 or 100 makes no difference, if you made no difference in the world.



Jarod Kintz

I know of only one duty, and that is to love.



Albert Camus

Real success means creating a life of meaning through service that fulfills your reason for being here.



Oprah Winfrey

Our duty is to encourage every one in his struggle to live up to his own highest idea, and strive at the same time to make the ideal as near as possible to the Truth.



Swami Vivekananda



Work and struggle and never accept an evil that you can change.

Andre Gide

Happiness and moral duty are inseparably connected.



George Washington



I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.

Helen Keller



Blessed is he who has found his work;
let him ask no other blessedness.

Thomas Carlyle



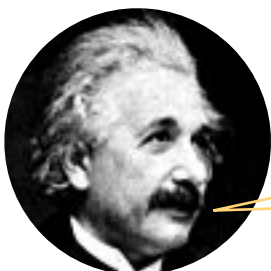
The duty of youth is to challenge corruption.

Kurt Cobain



There is only one basic human right, the right to do as
you damn well please. And with it comes the only basic
human duty, the duty to take the consequences.

PJ O'Rourke



If I were to remain silent, I'd be guilty of complicity.

Albert Einstein



I think a man's duty is to find out where the truth is, or if he cannot, at least to take the best possible human doctrine and the hardest to disprove, and to ride on this like a raft over the waters of life.

Plato

It is the first responsibility of every citizen to question authority.



Benjamin Franklin



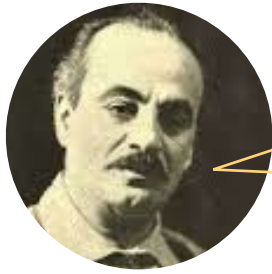
All tyranny needs to gain a foothold is for people of good conscience to remain silent.

Thomas Jefferson

A duty dodged is like a debt unpaid; it is only deferred, and we must come back and settle the account at



Joseph Fort Newton



I slept and dreamed that life is all joy.
I woke and I saw that life is all service.
I served and I saw that service is joy.

Khalil Gibran



I take it as a man's duty to restrain himself.

Lois McMaster Bujold



Only one who devotes himself to a cause with his
whole strength and soul can be a true master. For
this reason mastery demands all of a person.

Albert Einstein



Your vision will become clear only when you look
into your heart. Who looks outside, dreams. Who
looks inside, awakens.

Carl Jung

Do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain.



Mark Twain

Do the duty which lies nearest to you, the second duty will then become clearer.



Thomas Carlyle



A sense of duty is useful in work but offensive in personal relations. People wish to be liked, not to be endured with patient resignation.

Bertrand Russell

Let us have faith that right makes might, and in that faith let us to the end dare to do our duty as we understand it.



Abraham Lincoln

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

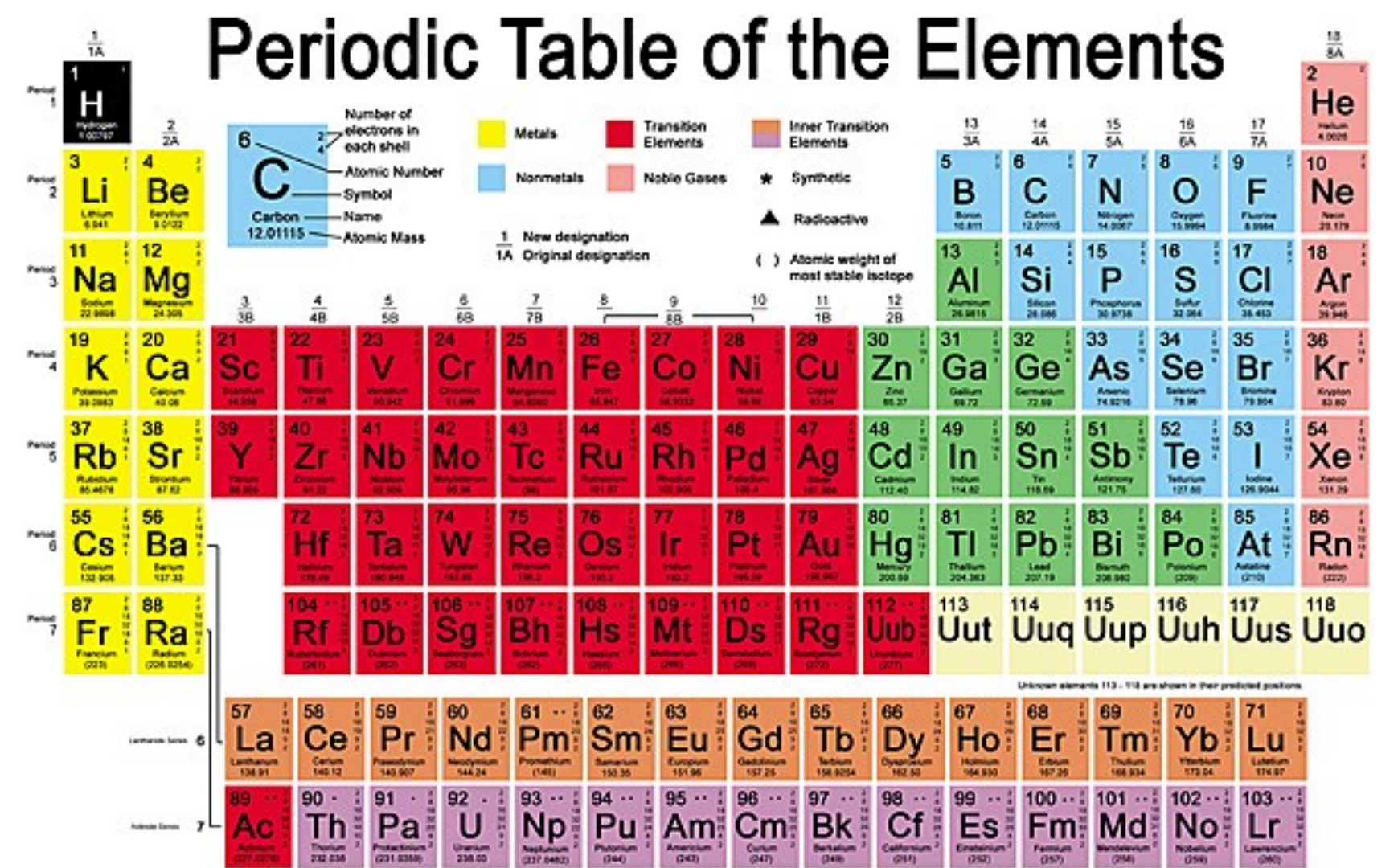
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

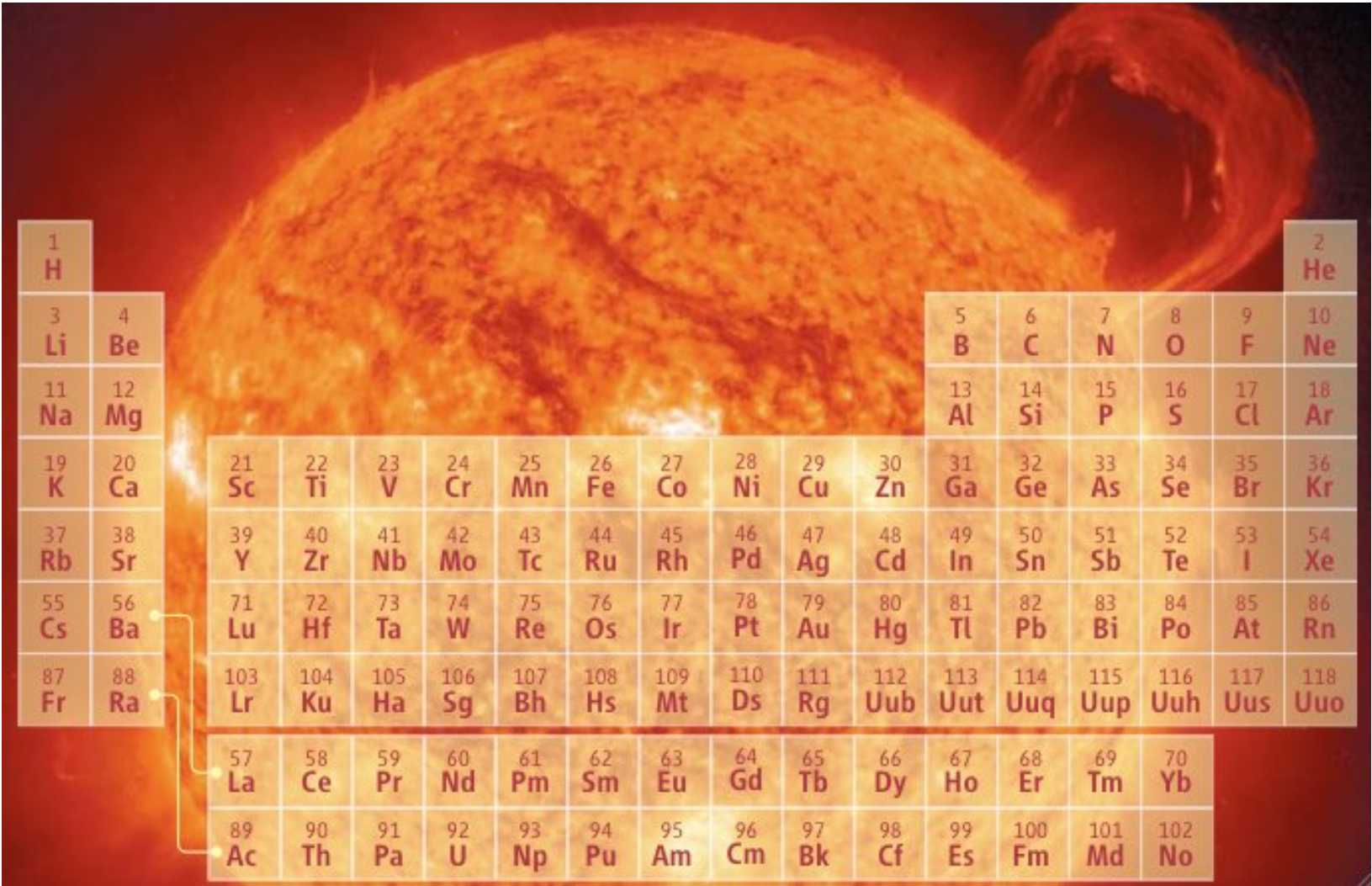
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

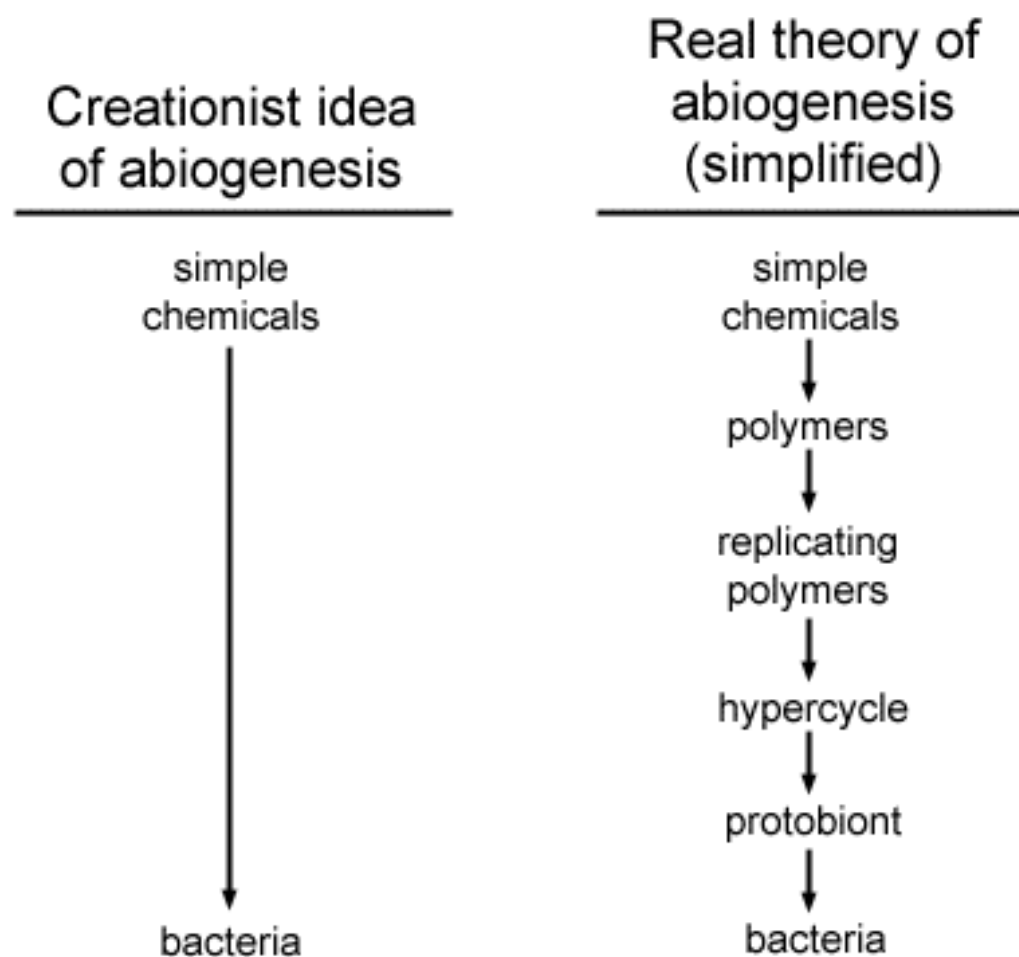


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



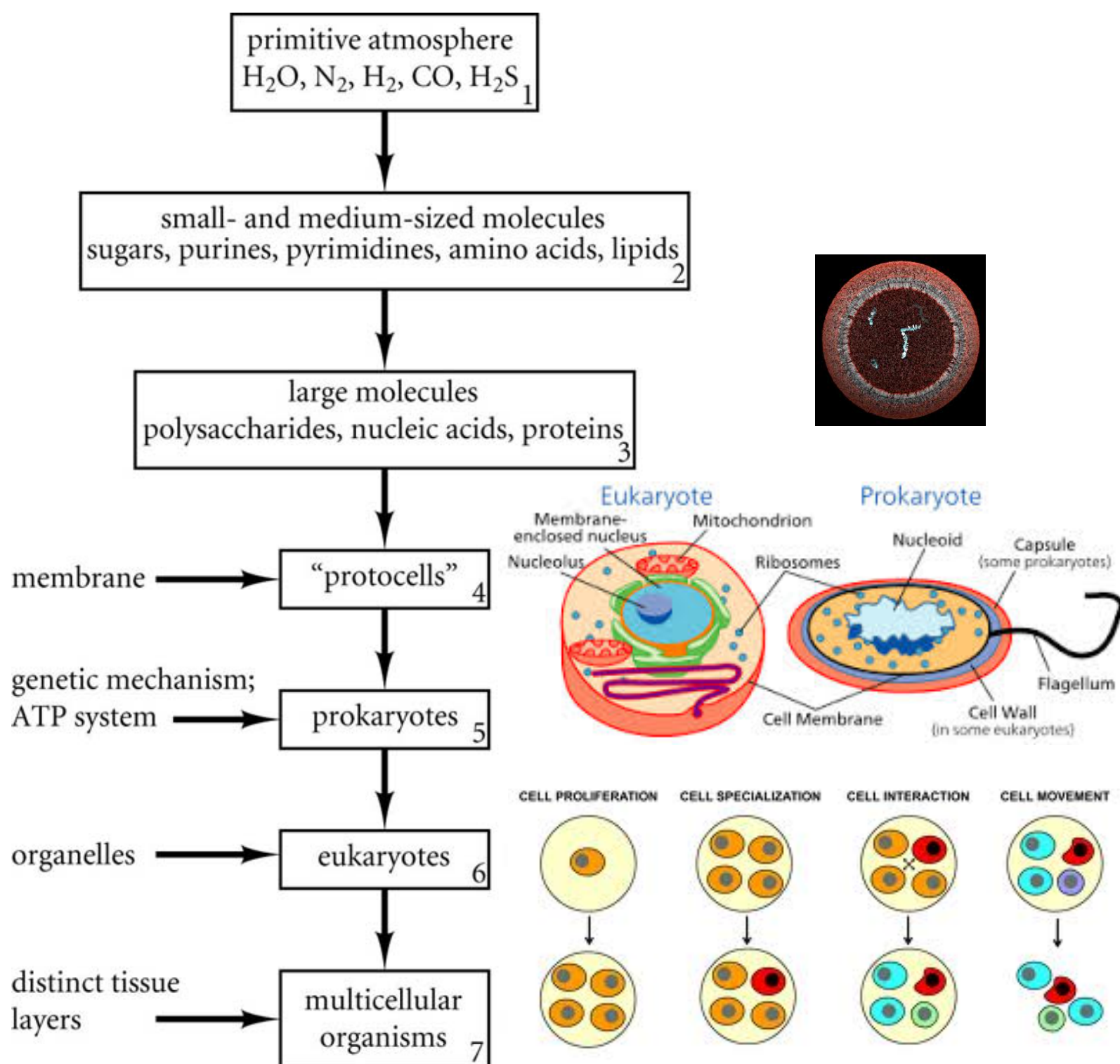
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

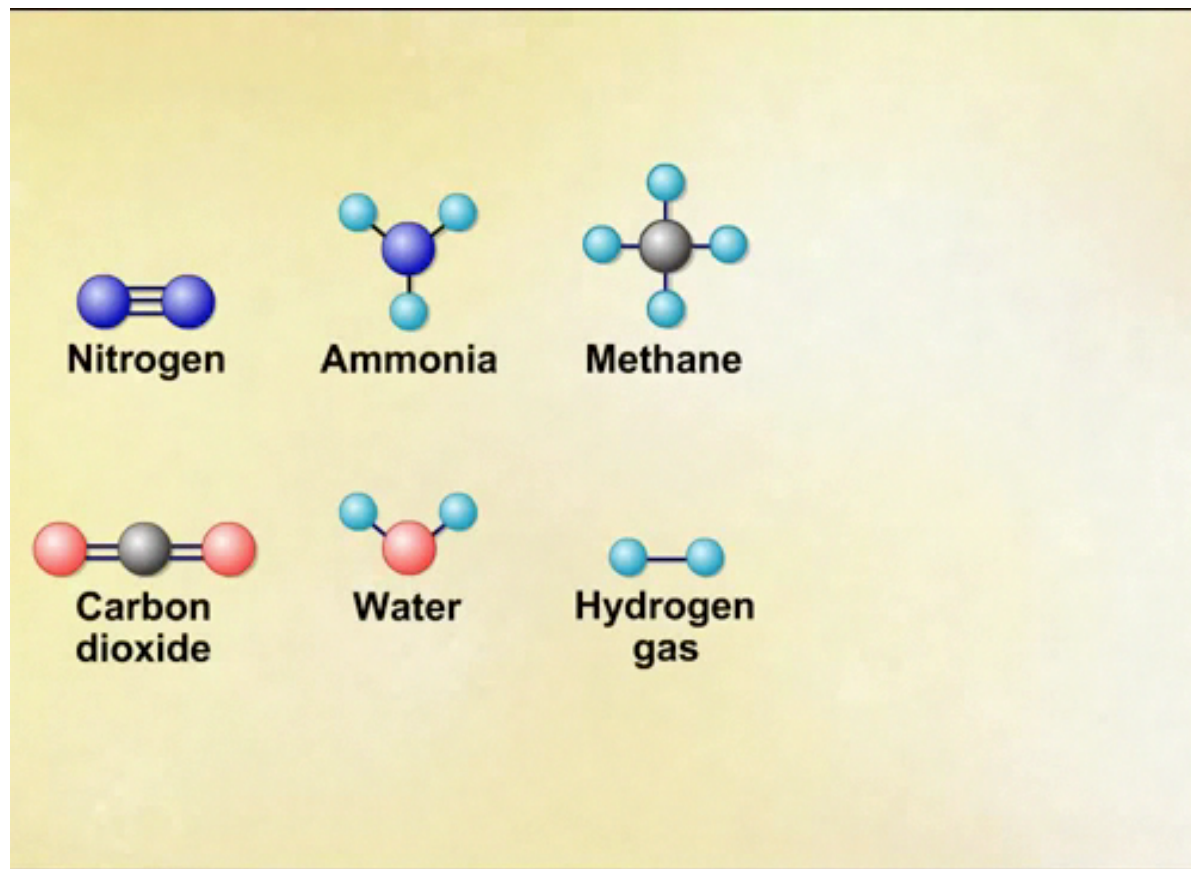
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

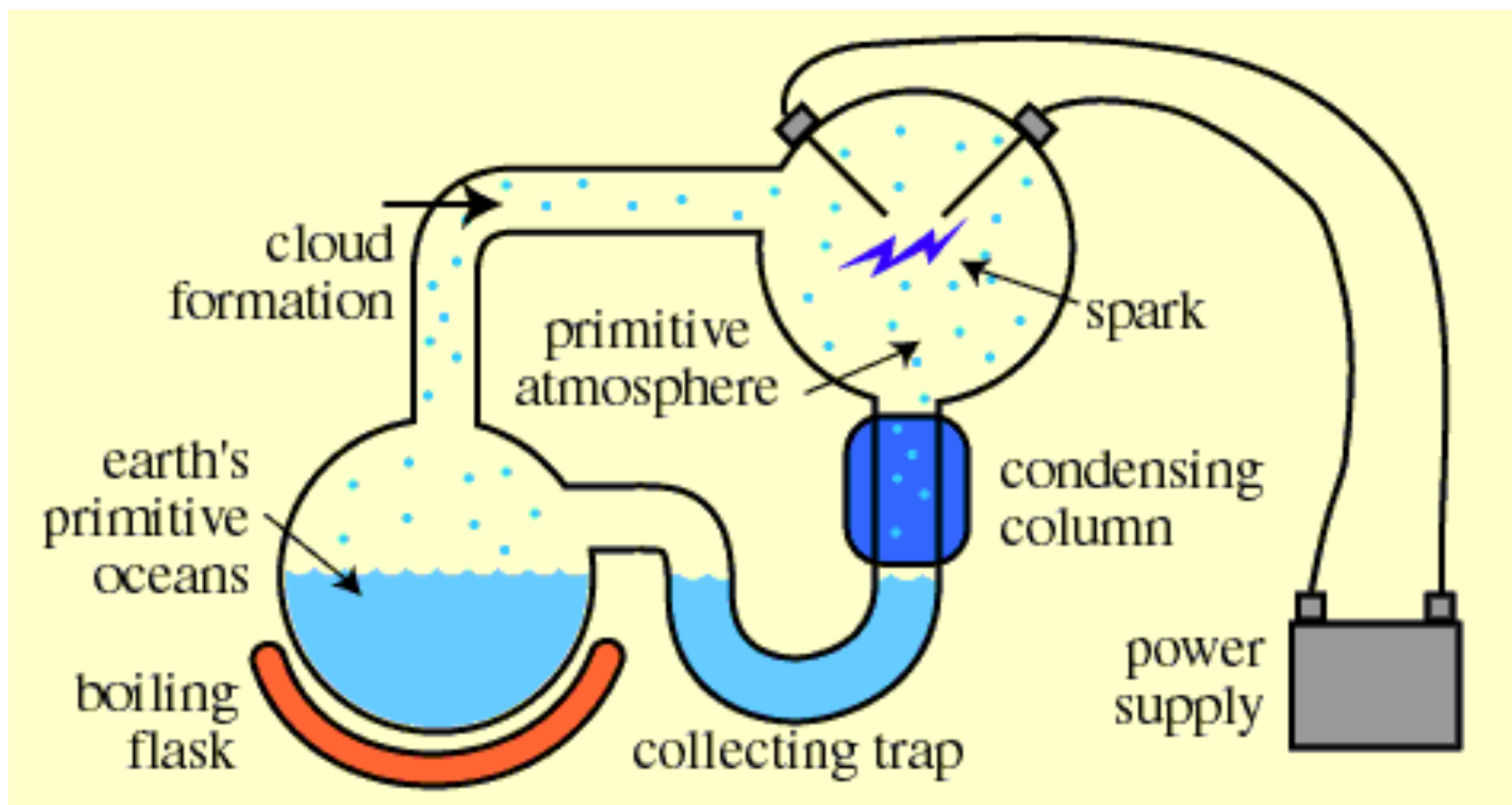
The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

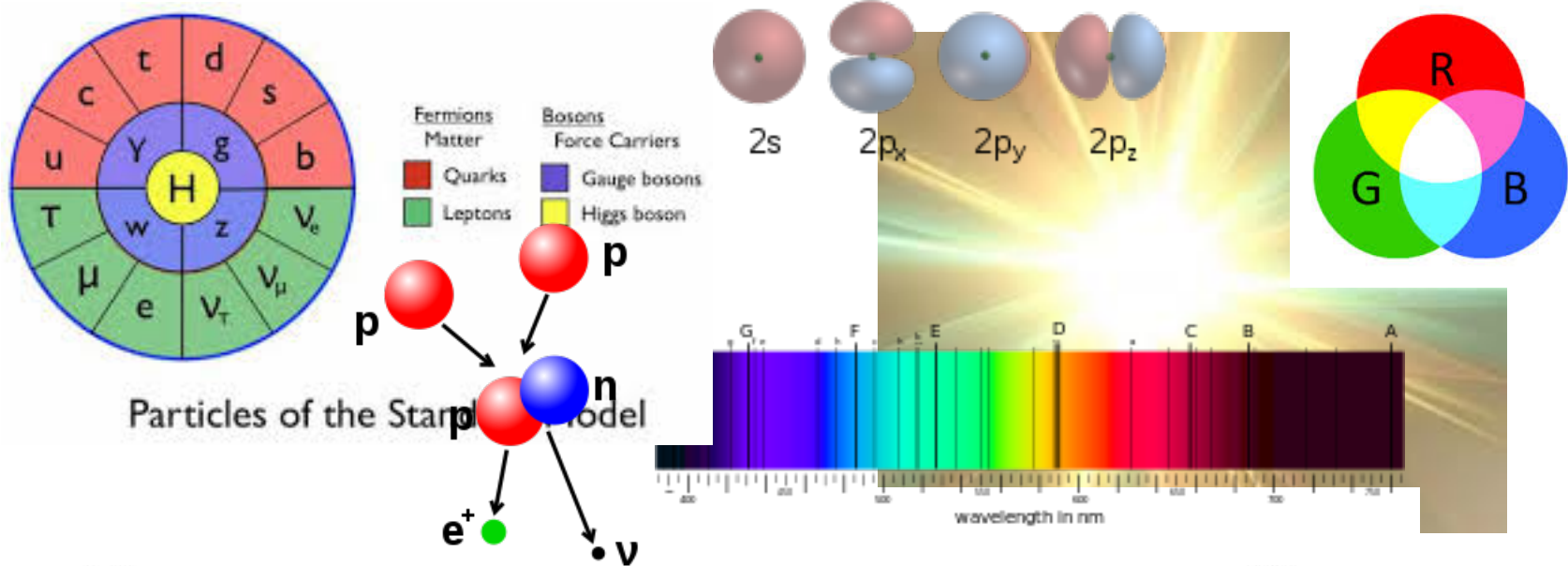
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







Periodic Table of the Elements

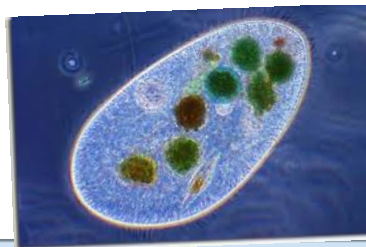
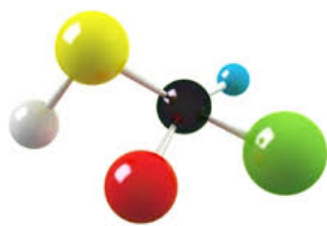
Element Categories: alkali metals, alkaline metals, other metals, transition metals, lanthanoids, actinoids, metalloids, nonmetals, halogens, noble gases, unknown elements.

Electron Configuration Blocks: s, d, p, f.

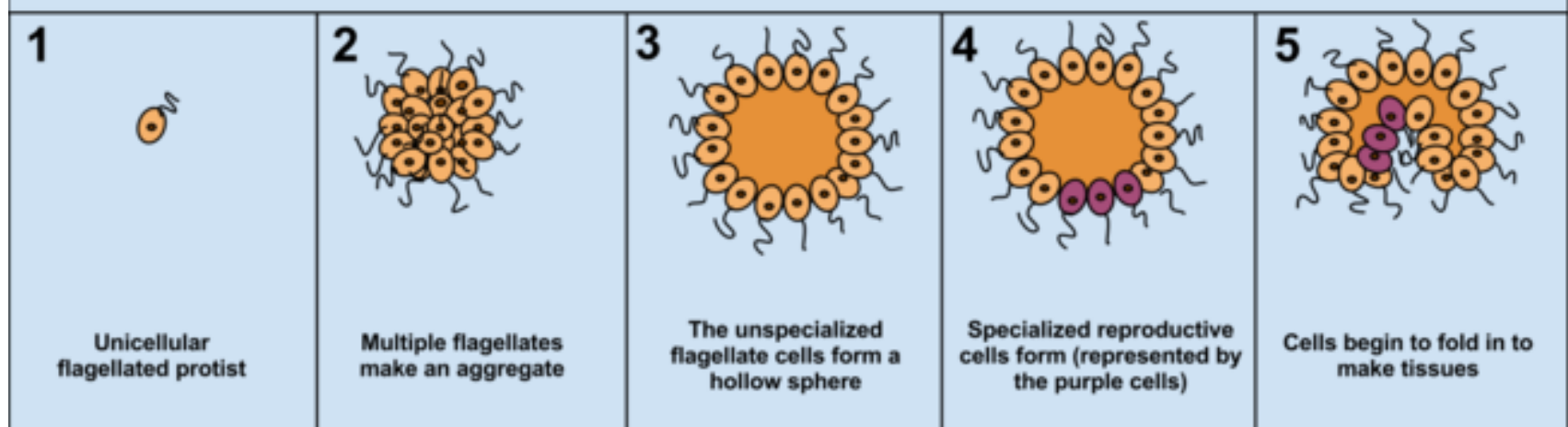
1 H hydrogen [1.007 - 1.009]																	2 He helium 4.003
3 Li lithium [6.938 - 6.997]	4 Be beryllium 9.012															10 Ne neon 20.18	
11 Na sodium 22.99	12 Mg magnesium 24.31															18 Ar argon 39.95	
19 K potassium 39.10	20 Ca calcium 40.08	21 Sc scandium 44.96	22 Ti titanium 47.87	23 V vanadium 50.94	24 Cr chromium 52.00	25 Mn manganese 54.94	26 Fe iron 55.85	27 Co cobalt 58.93	28 Ni nickel 58.69	29 Cu copper 63.55	30 Zn zinc 65.38	31 Ga gallium 69.72	32 Ge germanium 72.63	33 As arsenic 74.92	34 Se selenium 78.96	35 Br bromine 79.90	36 Kr krypton 83.80
37 Rb rubidium 85.47	38 Sr strontium 87.62	39 Y yttrium 88.91	40 Zr zirconium 91.22	41 Nb niobium 92.91	42 Mo molybdenum 95.94	43 Tc technetium (98)	44 Ru ruthenium 101.1	45 Rh rhodium 102.9	46 Pd palladium 106.4	47 Ag silver 107.9	48 Cd cadmium 112.4	49 In indium 114.8	50 Sn tin 118.7	51 Sb antimony 121.8	52 Te tellurium 127.6	53 I iodine 126.9	54 Xe xenon 131.3
55 Cs cesium 132.9	56 Ba barium 137.3	57-71 Lanthanoids	72 Hf hafnium 178.5	73 Ta tantalum 180.9	74 W tungsten 183.8	75 Re rhenium 186.2	76 Os osmium 190.2	77 Ir iridium 192.2	78 Pt platinum 195.1	79 Au gold 197.0	80 Hg mercury 200.6	81 Tl thallium 204.4	82 Pb lead 207.2	83 Bi bismuth 209.0	84 Po polonium (210)	85 At astatine (210)	86 Rn radon (222)
87 Fr francium (223)	88 Ra radium (226)	89-103 Actinoids	104 Rf rutherfordium (261)	105 Db dubnium (262)	106 Sg seaborgium (266)	107 Bh bohrium (264)	108 Hs hassium (277)	109 Mt meitnerium (268)	110 Ds darmstadtium (271)	111 Rg roentgenium (272)	112 Cn copernicium (285)	113 Uut ununtrium (284)	114 Uuq ununquadium (289)	115 Uup ununpentium (288)	116 Uuh ununhexium (292)	117 Uus ununseptium (294)	118 Uuo ununoctium (294)

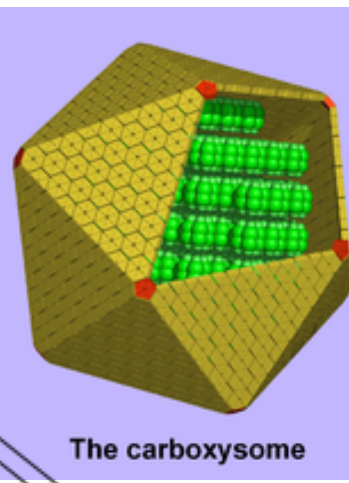
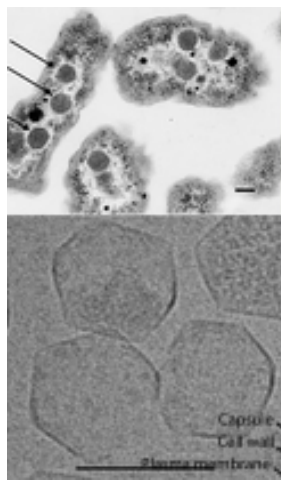
Natural Occurrence: ☐ primordial, ☐ from decay, ☐ synthetic.

57 La lanthanum 138.9	58 Ce cerium 140.1	59 Pr praseodymium 140.9	60 Nd neodymium 144.2	61 Pm promethium (145)	62 Sm samarium 150.4	63 Eu europium 152.0	64 Gd gadolinium 157.3	65 Tb terbium 158.9	66 Dy dysprosium 162.5	67 Ho holmium 164.9	68 Er erbium 167.3	69 Tm thulium 168.9	70 Yb ytterbium 173.1	71 Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)



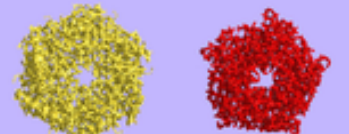
Colonial Flagellate Hypothesis



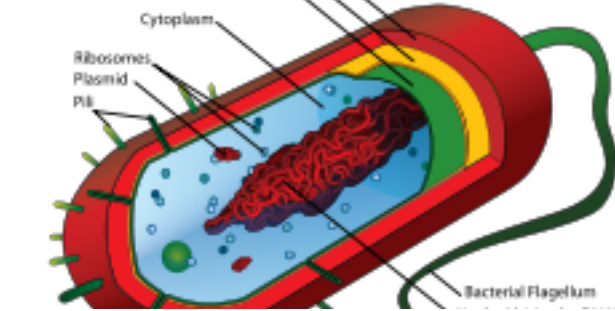


Enzymes and shell proteins

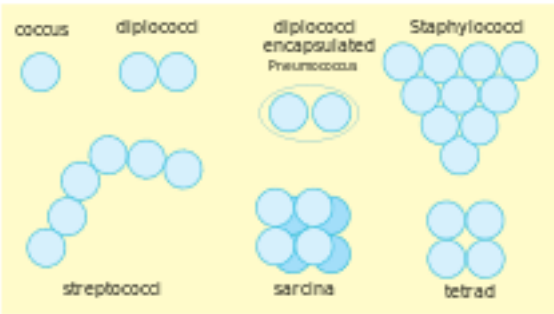
RuBisCO



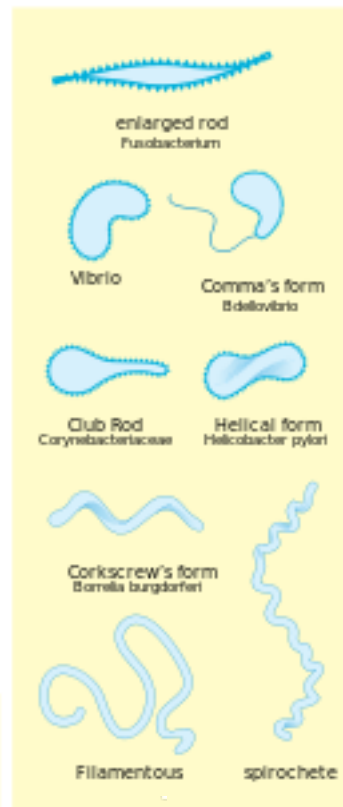
The carboxysome



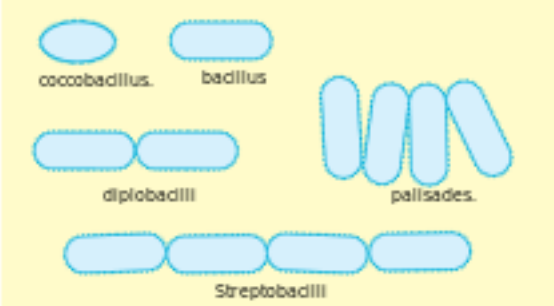
Cocci



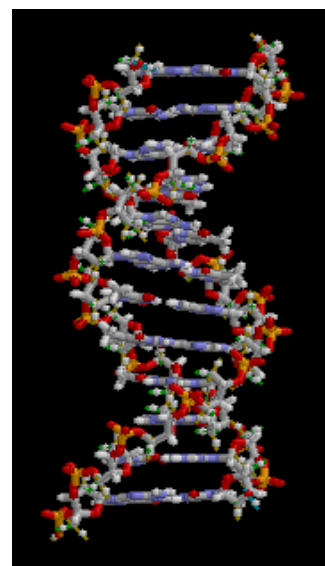
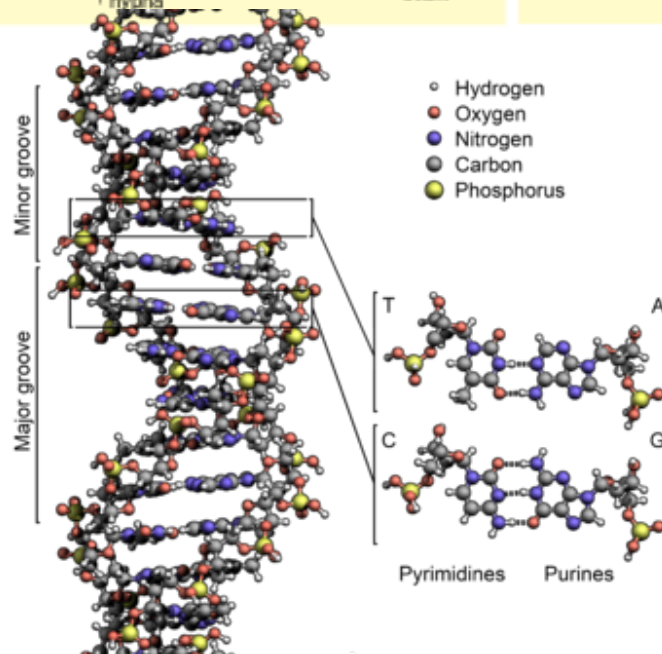
Others



Bacilli



Budding and appendaged bacteria





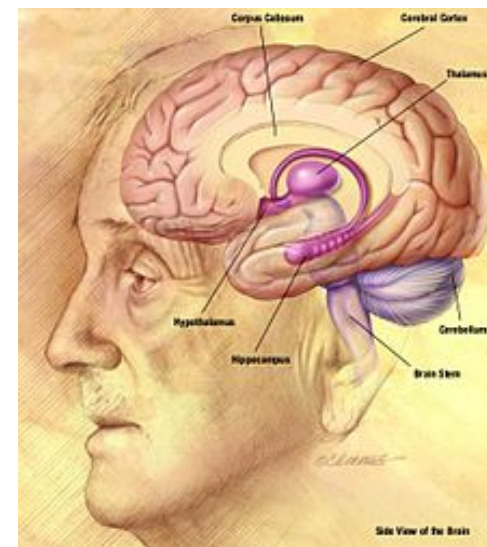
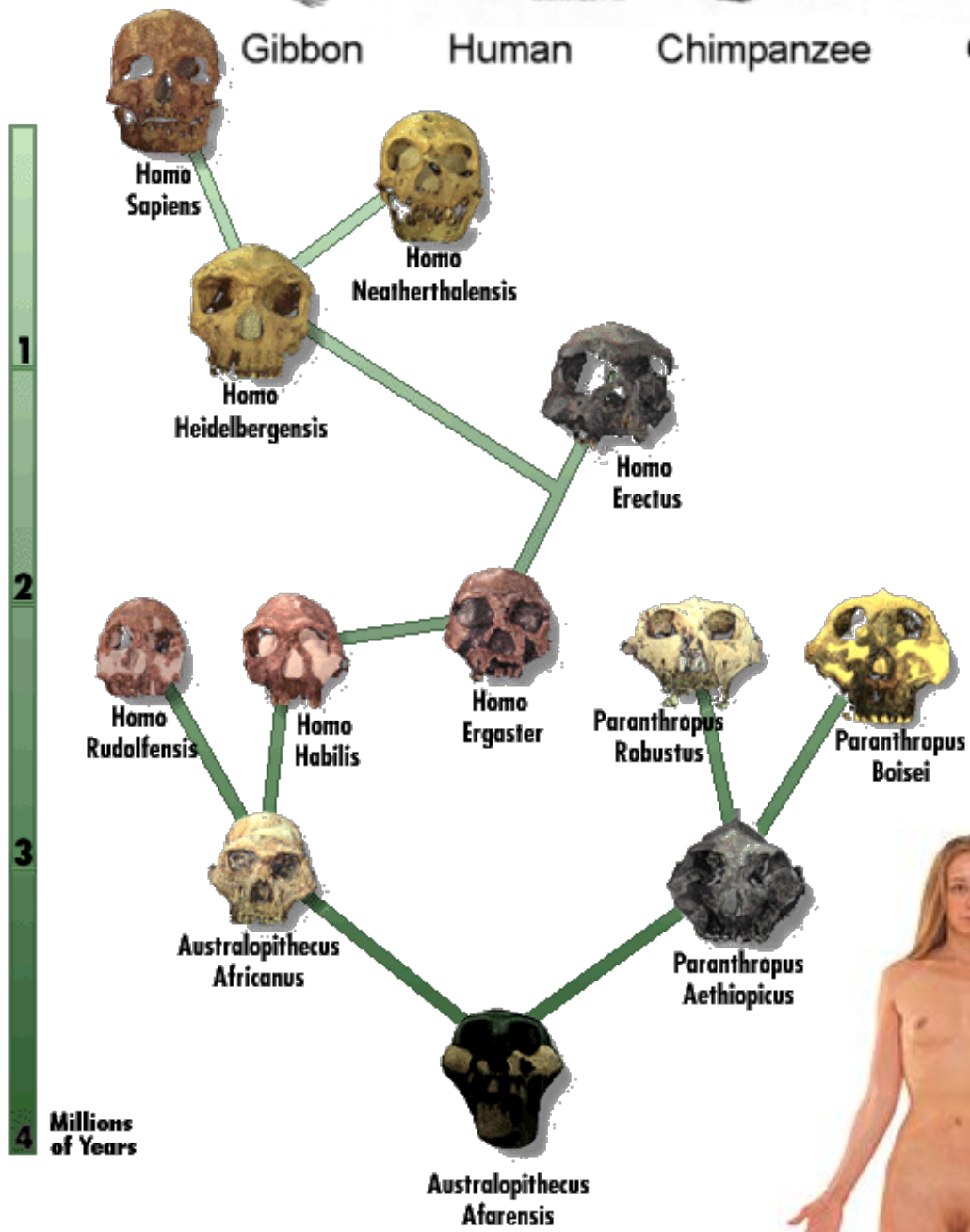
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

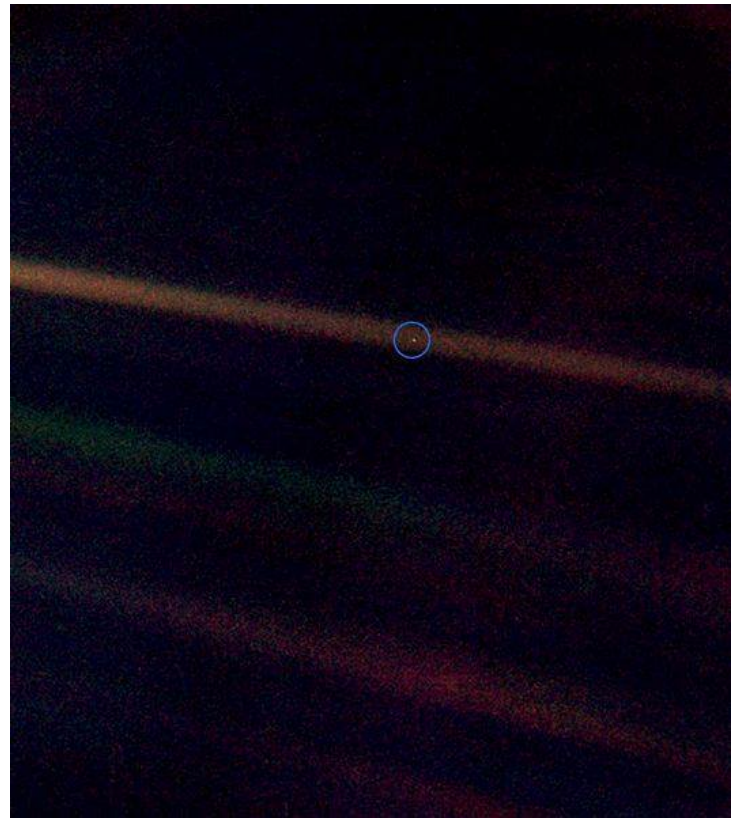
That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

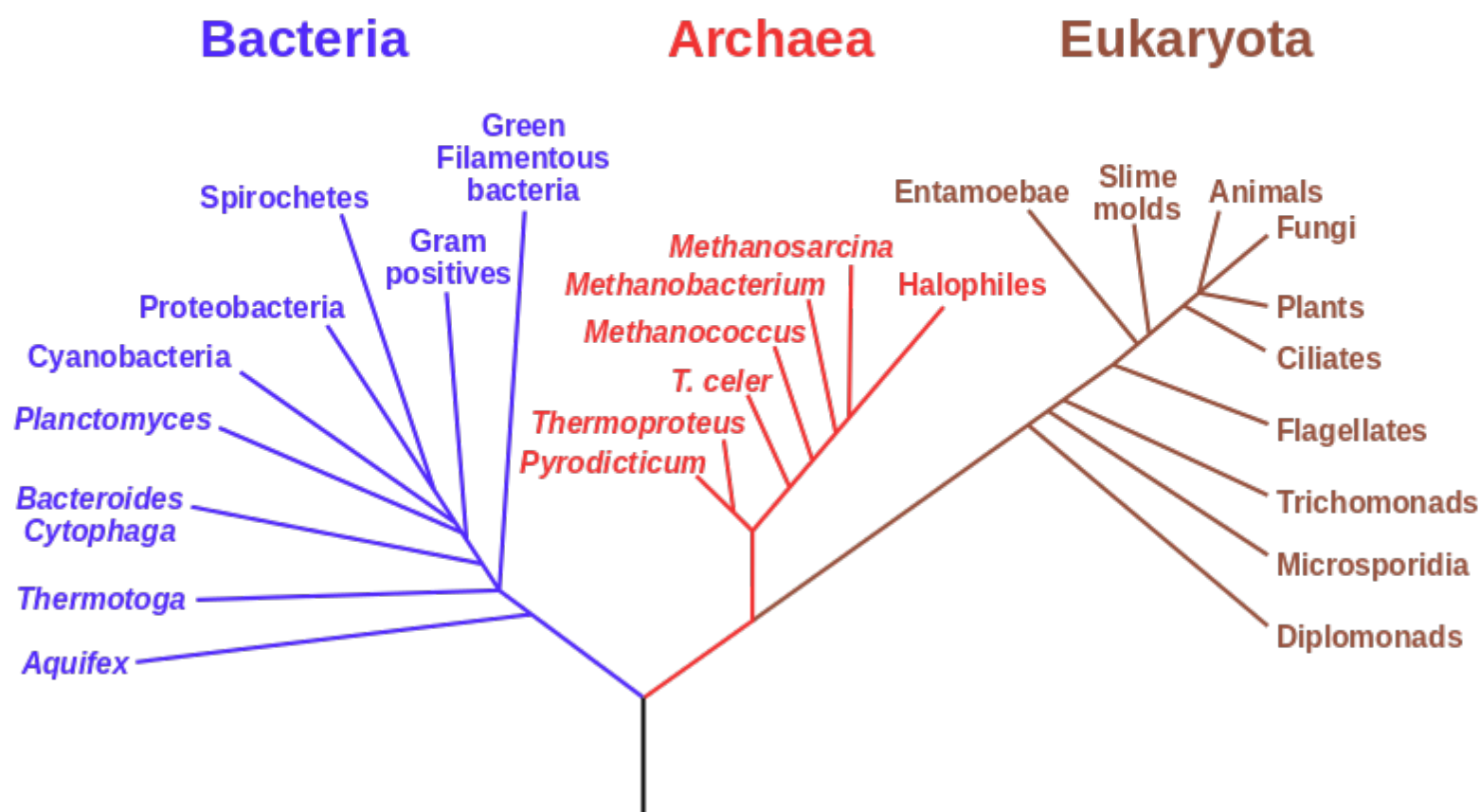
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

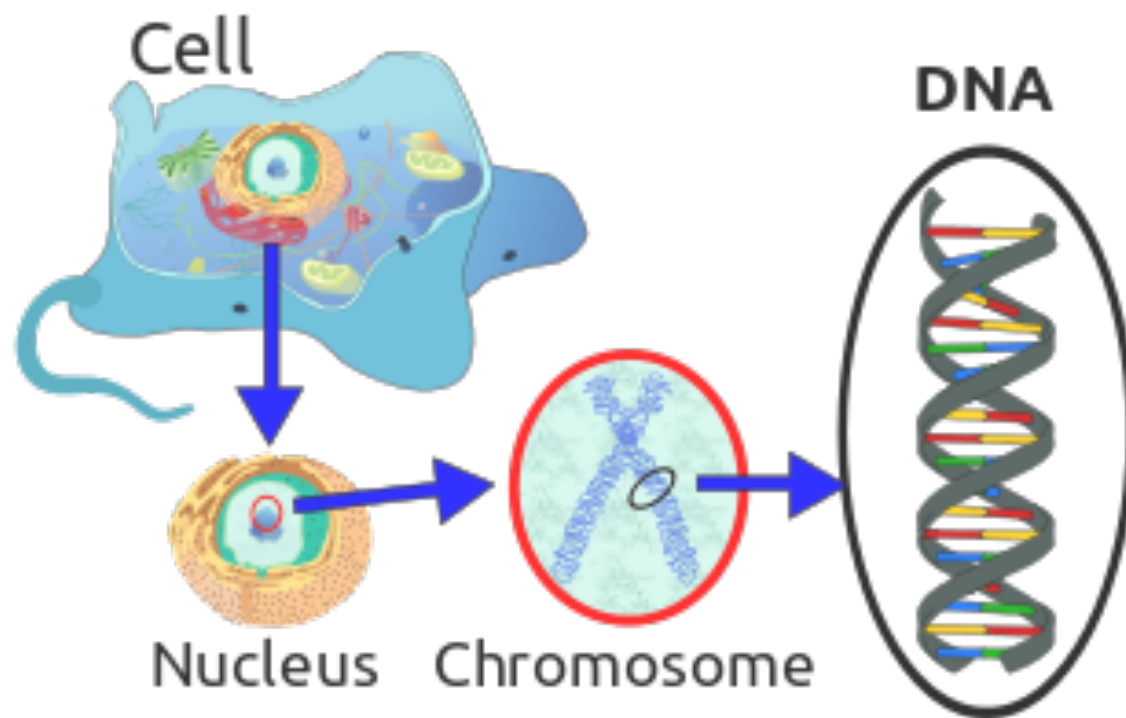
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in a psychiatric ward and the key thrown away. Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

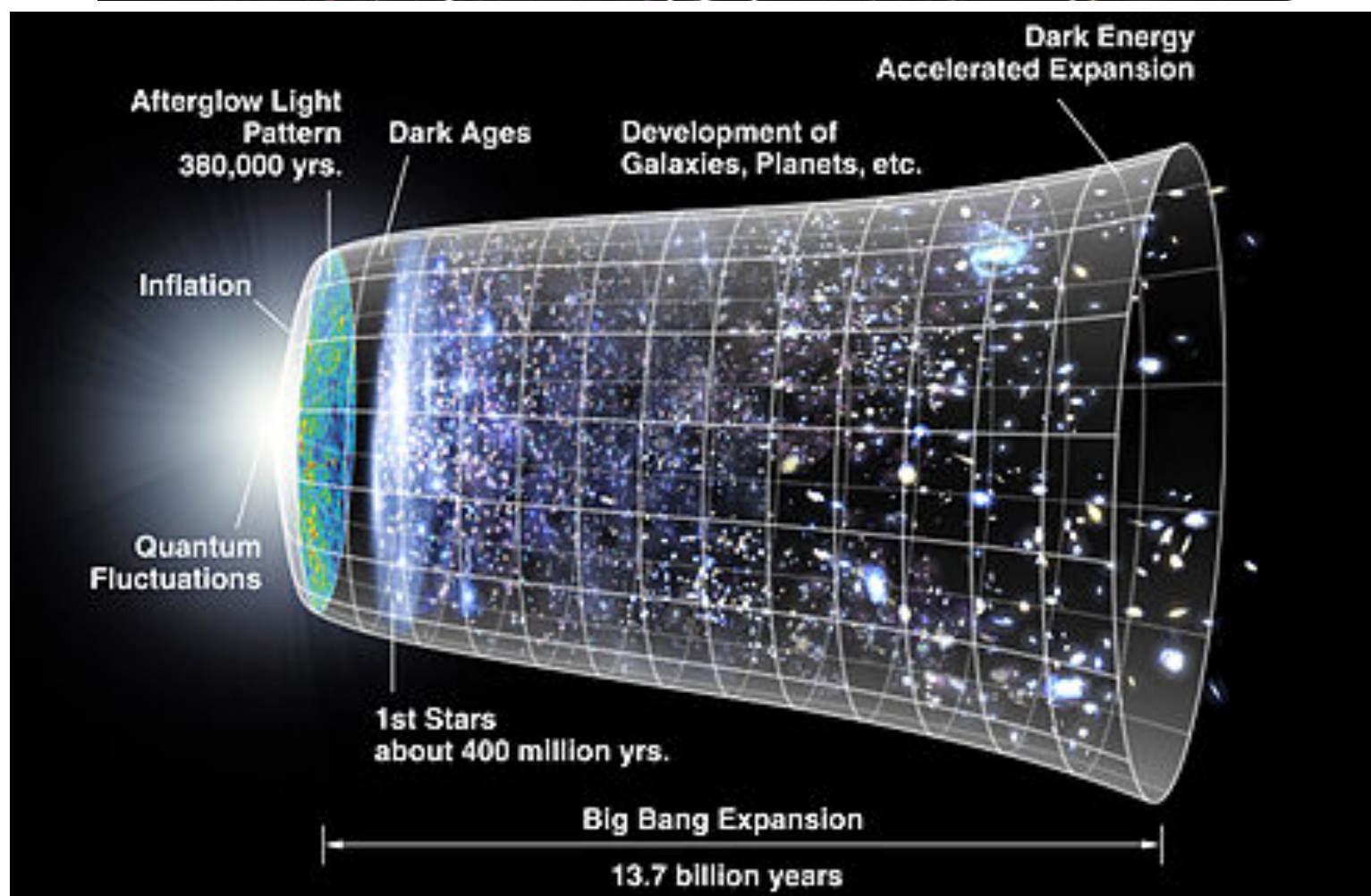
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

Copyright Information

The images in this book are either in the public domain, used in accordance with the Fair Use Copyright law or Creative Commons License, or with the appropriate permission. If you are the copyright holder of any image in this book and believe it was used in error, please contact us at freewill@encognitive.com and the image will be immediately removed.

The curated quotations and passages in this book are meant to analyze, critique, support, dismiss, review, or comment on particular subjects. The persons quoted in this book are *not* associated with Naturalopy, nor do they endorse it in anyway, nor were they contacted prior to the book's publishing.

A special thanks to www.wikipedia.org and many others, too many to mention, who openly provided the content that made this book possible.

Disclaimer

This book comes with no warranty whatsoever, either implied or expressed. Its content is for educational and entertainment purposes only. No effort was made to ensure that the information is complete or accurate. The reader is solely responsible and liable for how she or he uses the content within the pages of this book, either in print or electronic format.

Where applicable, parts of this book are copyrighted by Trung Nguyen (Copyright © 2014 by Trung Nguyen). However, you may use the work by the author in this book without restriction.

Where applicable by international laws, the words “Naturalopy”, “Naturalopic”, and “Naturalopist” are trademarks of EnCognitive.com .

Compiled by Trung Nguyen

Written by Trung Nguyen

freewill@encognitive.com

www.encognitive.com

September 2014, Edmonton, Alberta, Canada

ISBN: 978-0-9811071-3-4

DONATE

If you found this book to be helpful, please consider donating via PayPal by clicking the image below. Any amount is appreciated.



https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=F3BFA8ZH7QL9S

If the link image and link above do not work, the PayPal email to donate to is:

freewill@encognitive.com

You only live once. Make it count.